

# Advanced Pilates & Yoga (Strength)



**SKU:** 240-LV08

**Stock Qty:**

## Product Description

Advanced Pilates & Yoga will help you to increase your flexibility and tone core muscle groups through an invigorating workout for your whole body. The Pilates workout is a thorough strength-conditioning session that boosts flexibility, endurance and posture. The Yoga workout incorporates legacy and new poses into one continuous routine that will leave you feeling exhausted and fulfilled at once.

- Pilates-Yoga fusion.
- Breathing warmup and cooldown.
- Hour-long session.
- High-definition video.

## Product Specification

More Information

**Format**

Download

**Activity**

Yoga, Gym, Athletic